



Bland Diet Recipe

Ingredients may consist of one item or multiple items:

Ideally, try to mix 50:50 protein: starch

PROTEINS:

- Boiled chicken or hamburger (rinse all fat off)
- Low-fat PLAIN yogurt (no sweeteners or fruit)
- Low-fat cottage cheese
- Baby food (Gerber's is great. No onions in ingredients)
- Microwave a scrambled egg (no oil, cooking spray, salt)

STARCHES:

- Plain macaroni
- White rice
- White potatoes
- White bread

For "soupier" food:

- Low-sodium chicken broth (low-sodium beef or vegetable broth are fine)

If diarrhea is present:

Add unsweetened canned pumpkin, separately or mixed in with food

HOW LONG/OFTEN DO I FEED MY PET THIS DIET?

If you are not feeding your pet a commercially-prepared food for GI recovery, use this recipe for 5-7 days to allow the gastrointestinal tract to rest and recover. Plan to feed small amounts 4-6 times daily, if possible.

HOW MUCH DO I FEED MY PET?

Total daily amount of food is approximately ½ cup per 10 pounds of body weight per day. For example, a 10-lb dog would receive ½ cup for the entire day; a 50-lb dog would receive a total of 2 ½ cups per day divided into several small meals.

When your dog/cat begins to improve, you can add in some of the kibble for another 3-5 days before resuming their regular diet.

If your pet is vomiting, call your veterinarian immediately.



If your pet is not improving, call your veterinarian immediately.



Cats should not go >24 hours without eating.



Please contact your veterinarian with any questions.